

# **Breastmilk:**

## **The only food your new baby needs**

*Feed your  
baby only  
breastmilk  
for the first  
6 months*



Breastfeeding is good for moms and babies:

- Breastfeeding creates a bond between mother and baby.
- Breastfed babies get sick less often.
- Breastfeeding saves families money in formula and health care costs.

For more information  
about breastfeeding and local  
resources, call the  
Family Health Information Line at:

**1-800-942-7434**



**[www.HEALTH.ri.gov](http://www.HEALTH.ri.gov)**

Rhode Island Department of Health